

FORT GORDON SAFETY GRAM 14-02

WATER SAFETY

School's out, pools are open and Service Members and Family Members are looking for fun ways to cool down as summer temperatures heat up. As you head to the beach, to the pool, or to the mountains for a camping vacation, the Installation Safety Office encourages you and your family to keep safety in mind!

Water Safety Tips

Swim in areas supervised by a lifeguard.

Swim with a Buddy!!!!

Read and obey all rules and posted signs.

Watch out for the dangerous “too’s” – too tired, too cold, too far from safety, too much sun, too much strenuous activity.

Be knowledgeable of the water environment you are in and its potential hazards, such as deep and shallow areas, currents, depth changes, obstructions and where the entry and exit points are.

Pay attention to local weather conditions. Stop swimming at the first sign of bad weather.

Do not mix alcohol with swimming, diving or boating. Alcohol impairs your judgment, balance, and coordination, affects your swimming and diving skills, and reduces your body's ability to stay warm.

Beach Safety

Protect your skin: Sunlight contains two kinds of UV rays -- UVA increases the risk of skin cancer, skin aging, and other skin diseases. UVB causes sunburn and can lead to skin cancer. Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear a sunscreen with a sun protection factor of at least 15.

Drink plenty of water regularly and often, even if you don't feel thirsty. Your body needs water to keep cool. **Avoid drinks with alcohol or caffeine in them.** They can make you feel good briefly, but make the heat's effects on your body worse. **This is especially true with beer, which dehydrates the body.**

Watch for signs of heat stroke: Heat stroke is life-threatening and occurs when the person's temperature control system, which produces sweating to cool the body, stops working.

Wear eye protection: Sunglasses are like sunscreen for your eyes and protect against damage that can occur from UV rays. Be sure to wear sunglasses with labels that indicate that they absorb at least 90 percent of UV sunlight.

Wear foot protection. Many times, people's feet can get burned from the sand or cut from glass in the sand.



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